

WOODROW WILSON REHABILITATION CENTER
POSTSECONDARY EDUCATION REHABILITATION TRANSITION
PRE-ARRIVAL PACKET/Non-SUNDAY

Mailing Address: Box 350, POB 1500, Fishersville, VA 22939-1500

Physical Address: 243 Woodrow Wilson Avenue
Fishersville, Virginia 22939-1500

Arrival: _____ 11:00 a.m.

Departure: _____ 11:00 a.m.

Congratulations. You are on your way to becoming a PERT student! Over the past few months, you have learned about the program and what it means to be a PERT student. The Program is held in Fishersville, Virginia, in the Shenandoah Valley, on the grounds of the Woodrow Wilson Rehabilitation Center. The information here will help you and your family prepare for your assessment experience at PERT.

High school students from Virginia come to PERT to learn more about the world of work and living outside their family homes. If this is your first trip away from home, you may get homesick. If so, don't worry. You may call home daily. Feelings of homesickness usually go away after three or four days. While at PERT, you will live in a dormitory. You will eat meals in the student dining hall. You will be expected to do things for yourself (such as getting up in the morning, making your bed, finding places on your own, being on time, and doing your own laundry), but staff can help you.

Directions to WWRC

Directions to WWRC, check-in and check-out procedures, and a map of the campus are included in this letter on pages 8, 9, and 10.

Visiting or writing to your child

- **Visiting hours:** Saturday and Sunday, 10 a.m. to 3 p.m. Please bring immediate family only. Physical address: 243 Woodrow Wilson Avenue, Fishersville, VA 22939.
- **Writing to your child:** Name of child, WWRC/PERT, Box 350, POB 1500, Fishersville, VA 22939-1500

What do I need to bring with me to PERT?

If your school is driving, you may need to bring money if the bus stops for lunch before arriving at WWRC.

To make sure you have everything you need, we suggest that you use the list included in this packet. As you gather the items you need, put a check next to the item. The list includes required and suggested items.

Please pay attention to any **prescription medicines** you are taking. You must bring enough medicine for the days that you will be here. Medicines must be in their original containers. Medicine bottles must be labeled according to the amount you are taking currently. If you use an inhaler or epi-pen, you will need the box with the label on it or a copy of a prescription from your doctor.

Some drugs are so important to your physical and mental health that you will be sent home if you arrive at PERT without them. These drugs include medicine for:

- Seizures
- Diabetes
- Asthma
- Heart conditions
- Severe allergic reactions
- Mood Stabilizers.

To get the most out of your stay, it is important that you be in **good health**. It is also important for you to bring any **special equipment**. If you are sick, recently injured, or equipment is in need of repair, you should not come to PERT without calling first (1-800-345-9972, Ext. 7123).

You are expected to bring any **special items or supplies** that you need such as:

- Eyeglasses or contact lenses and supplies
- Mobility aids or walkers
- Wheelchairs
- Hearing aids
- Magnifiers
- Communication boards or devices.

Please remember to bring:

- Sheets for a single or double-sized bed OR sleeping bag
- Blanket, quilt OR sleeping bag
- Pillow(s) and pillow case(s)
- Towels
- Wash cloths
- Soap
- Deodorant
- Shampoo
- Toothpaste
- Toothbrush
- Razor (if you shave)
- Laundry detergent to wash your clothes

Housing, meals, testing, and activities are provided at no charge.

If you receive other medical services while at PERT, your insurance may be charged, but neither you nor your family will be required to pay a deductible or co-payment.

Three meals per day are provided at no charge in the dining hall. Most students bring \$25 to \$35 in spending money. Your money may be used on trips to the mall or at fast food restaurants. You may bring non-perishable snacks in re-closeable containers. You may also purchase them at the snack bar or from vending machines. You will receive a key for a locked box or drawer in your dorm room to store your spending money or other personal items. PERT is not responsible for items that are lost, stolen, or damaged. Valuable items should be left at home.

The following items are not permitted at PERT:

- Pagers
- Television-based electronic game systems
- Stereo equipment
- Televisions
- Walkie talkies
- Pocket knives or other weapons
- Fireworks
- Alcoholic beverages
- Pornography
- Illegal drugs
- Computer

You may telephone your parents free of charge. Telephone calls home are made at 3:30 p.m., after your daily meeting with your counselor. You may also call home during evening hours. **You may bring a cell phone** to make calls when you are not involved in activities. Our staff will explain when you may and may not use your cell phone. If you do not have a cell phone, you may bring a pre-paid telephone card with you if you want to call anyone other than your family. You and your family are responsible for any charges resulting from cell phone use. PERT also cannot be responsible for loss of cell phones. Cell phones that are being used incorrectly will be taken and returned to the student prior to departure. For example, photographing peers would be considered incorrect use.

Since you need to get up on your own each morning, **you will need an alarm clock**. If you do not use an alarm clock at home, try practicing before you come to PERT.

What will my room be like?

While here, you will live in a dormitory similar to those on many college campuses. The dorm will have a shared bathroom for every three bedrooms. Most students share a room with one or two other students. Some rooms have bunk beds. It is important that you tell us if you don't want to sleep in a top bunk or if you are unable to climb the ladder.

What will my schedule be like?

On the day you arrive at PERT you will meet with staff and take part in the following activities:

- Have your picture taken for your student ID
- If you are taking medications, you will see a Student Health nurse
- Take your belongings to the dorm, where staff will give you keys to your room and locked storage space.

You will be given a written copy of your schedule and the standards of behavior. Please keep your schedule with you.

What is expected of me at PERT?

PERT is a great place to find out more about what your life may be like after high school. There are rules that you must follow, just as there are at school. You will be expected to act responsibly and to:

- Respect the privacy and personal space of others
- Stay in designated and well-lit areas. For example:
 - You cannot enter the dorm of the opposite gender.
 - After dark, you cannot be near Vocational Evaluation or the quad interior lawn of the campus.
- Ensure the safety of yourself and others
- Wear your student ID
- Follow the tobacco policy (no use of tobacco under 18 years of age)
- Follow your daily schedule
- Be in your room by curfew
- Not curse or use vulgar words
- Avoid horseplay (running, pushing, etc.)
- Not steal or damage the property of others
- Not possess any type of weapon and/or fireworks
- View only computer websites deemed appropriate by PERT staff

Behaviors that will result in the PERT team reviewing your ability to remain in the program include:

- Using drugs that are illegal and/or not prescribed by your physician
- Failure to take medication as prescribed by a physician
- Behaving in a way which is not safe for you or others
- Engaging in sexual acts

PERT WEEKDAY SCHEDULE

7:00 - 7:45 a.m.	Breakfast
8:00 – 9:15 a.m.	Vocational Evaluation
9:15 – 9:30 a.m.	Break
9:30 – 10:45 a.m.	Vocational Evaluation
10:50 – 11:30 a.m.	PDL – Counselor Meeting/Activity
11:30 – 12:30 p.m.	Lunch
12:30 – 1:45 p.m.	Vocational Evaluation
1:45 – 2:00 p.m.	Break
2:00 – 3:15 p.m.	Vocational Evaluation (Problem Solving/Self Esteem Class on first Wednesday)
3:15 p.m.	Group Meeting with Counselors
4:45 – 5:20 p.m.	Dinner in the Cafeteria
5:20 – 8:00 p.m.	Independent Living Skills Class (3 days – Tuesday, Wednesday, Thursday of first week)
6:30 p.m.	Rec. Assessment/Activity – 1st Check in (Monday and Friday of first week; Monday and Tuesday of second week)
8:30 p.m.	2nd Check in
10:30 p.m.	Return to Dorm
11:00 p.m.	Curfew, BE IN YOUR ROOM

Evening & Weekend Activities

Swimming	Pool
Bowling	Volleyball
Bicycling	Ping Pong
Roller Skating	Board Games
Watching Movies	Fishing at the Lake
Tennis	Basketball
Softball	Shopping Mall Trips
Golf	Hiking
Weightlifting	Arts & Crafts

Packing Checklist

School/Work Clothes

(You will be doing laundry)

- ☐ shirts
- ☐ jeans/long pants
- ☐ dresses
- ☐ shoes (appropriate for work settings, no sandals)
- ☐ socks
- ☐ underwear/under clothing
- ☐ jacket, coat, sweater or sweatshirt.

Special Equipment or Supplies

- ☐ Prescription drugs – ENOUGH FOR YOUR STAY (Drugs must be in their original containers. For inhalers and epi-pens, you will need the box with the prescription label or a copy of the prescription.)
- ☐ eyeglasses
- ☐ contacts/case/cleaning solution
- ☐ mobility equipment
- ☐ walkers
- ☐ magnifiers
- ☐ hearing aid
- ☐ communication board/device
- ☐ any other assisting device:

Other

- ☐ alarm clock
- ☐ laundry detergent (enough for 2 loads of laundry)
- ☐ athletic shoes (for recreational activities)
- ☐ shower shoes or flip flops

Bed Linens, Pillows and Blankets

- ☐ sheets for a single or double-sized bed OR sleeping bag
- ☐ blanket, quilt OR sleeping bag
- ☐ pillow(s) and pillow case(s)

Personal Care Items

- ☐ razor (electric or disposable)
- ☐ towels
- ☐ wash cloths
- ☐ toothbrush
- ☐ toothpaste
- ☐ shampoo
- ☐ soap
- ☐ deodorant
- ☐ any other self-care items you need:

Suggested Items

- ☐ swim suits (females: two piece suits must be worn with color T shirt)
- ☐ shorts/sandals/hats/sweat suits (for recreational wear)
- ☐ dress outfit (for religious services, dances or social events)
- ☐ non-perishable snacks to keep in room
- ☐ closeable bags or plastic containers (to hold left over snack items after opening)
- ☐ phone card – optional
Students will be given the opportunity for one phone call per day to family members.
- ☐ spending money for mall trip, snacks, sodas; suggest no more than \$25.00 – \$35.00

Student Health Services

Should you become ill while here, Student Health provides medical care for minor issues. This service is available 24 hours a day. If a serious condition occurs, our Student Health staff will determine the correct course for treatment which could include a trip to the local hospital emergency room. Parents/Guardians would be alerted in such cases.

PERT Staff Contact Information

Monday – Friday

8:00 a.m. – 5:00 p.m.

1-800-345-9972, Ext. 7123

1-540-332-7123

After 5:00 p.m. & Weekends

Dorm Office

1-800-345-9972, Ext. 7366

1-540-332-7366

(please leave message if not in office)

After hours and weekends only: For immediate direct contact with PERT staff call below.

PERT cell phone

1-540-569-6065

Recreation Services desk (ask for PERT staff)

1-800-345-9972, Ext. 7184

1-540-332-7184

In case of emergency or unable to contact at the above numbers

Student Health

1-800-345-9972, Ext. 7018

1-540-332-7018

Driving Directions to WWRC 243 Woodrow Wilson Ave., Fishersville, VA 22939

Traveling West on I-64



Take **Exit 91** (Fishersville – Stuarts Draft) and turn RIGHT onto **Route 608**
Go 1.7 miles and turn LEFT onto **Route 250**
Go 1.6 miles and turn RIGHT at the traffic light into WWRC (**Woodrow Wilson Avenue**)

Traveling East on I-64



Take **Exit 91** (Fishersville – Stuarts Draft) and turn LEFT onto **Route 608**
Go 1.7 miles and turn LEFT onto **Route 250**
Go 1.7 miles and turn RIGHT at the traffic light into WWRC (**Woodrow Wilson Avenue**)

Traveling on I-81



Take **Exit 222** (Staunton – Fishersville) and turn LEFT onto **Route 250**
Go 3.1 miles and turn LEFT at the traffic light into WWRC (**Woodrow Wilson Avenue**)

When you visit WWRC, please help us ensure security for students by following these guidelines.

All visitors to campus must check in immediately with staff.

Day of Admission (first day):

- ❖ Follow Woodrow Wilson Avenue, bearing left at the Y intersection.
- ❖ Look for the WWRC sign and pull into the driveway between Parking Lot Q and the Birdsall-Hoover/Administration Building to unload luggage onto the sidewalk.
- ❖ Luggage carts will be available in the main lobby, immediately through the double glass doors.
- ❖ After unloading, park in Lot Q or Lot A (across the street).
- ❖ Check in with the receptionist and wait in the main lobby with your luggage for further directions from PERT staff.
- ❖ Parents/guardians, teachers or counselors may accompany students through the admissions process and to their dorm rooms.

Weekend Visits, Passes, Exits:

- ✓ The main lobby of WWRC is not open on weekends. Proceed to **Parking Lot G on Hornet Road**, next to tennis courts.
- ✓ **Upon arrival, call the PERT cell phone number at 1-540-569-6065 to report your parking location.** If you do not carry a cell phone, you may wish to use the pay phone at the corner of Woodrow Wilson Avenue and U. S. Route 250.
- ✓ Upon receiving your call, staff will meet you at your vehicle in Parking Lot G.
- ✓ If you are unable to make an arrival telephone call, please report immediately to the Student Activities Center, where staff will assist you.
- ✓ Visiting days/hours are Saturday and Sunday, 10 a.m. to 3 p.m. Please bring immediate family only.
- ✓ A pass for a student to leave campus must be pre-arranged with a PERT Counselor.
- ✓ Arrangements for weekend exit of the program need to be coordinated in advance with a PERT Counselor.

Day of Exit (last day):

- Pull alongside the curb between Parking Lot Q and the Birdsall-Hoover Building/Administration Building.
- Check in with the receptionist in the main lobby and ask her to radio the PERT Field Office to say that you have arrived on campus.
- Proceed to Parking Lot G on Hornet Road, next to the tennis courts and Building 10. PERT staff will meet you here with your child. Luggage and other items will be ready to go.

A map of the campus buildings and parking lots is printed on page 10.

